

KENTUCKY DEPARTMENT OF EDUCATION

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SURVEY SHOWS MORE PHYSICAL ACTIVITY AMONG HIGH SCHOOLERS

(FRANKFORT, Ky.) – Data from the most recent Youth Risk Behavior Survey (YRBS) show that the percentage of high school students who were physically active for at least 60 minutes per day on five or more of the past seven days increased from 32.9 percent in 2007 to 38.9 percent in 2009.

The data was gathered in 2009 through the U.S. Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance Survey. The YRBS measures what the CDC defines as the six priority health-risk behaviors among youth and young adults including:

- alcohol and drug use
- injury and violence (including suicide)
- tobacco use
- nutrition
- physical activity
- sexual risk behaviors

Developed in 1992, the YRBS includes national, state and local school-based surveys of representative samples of 9th- through 12th-grade students. In addition, 14 states, including Kentucky, conduct the YRBS in grades 6 through 8.

These surveys are conducted every two years, usually during the spring semester, to a randomly selected sample of schools across the state. The state and local surveys, conducted by departments of health and education, provide data representative of public high school students in each state or school district.

For Kentucky's survey, the Coordinated School Health Team at the Kentucky Department of Education (KDE) collaborated with the Division of Family Resource and Youth Services Centers (FRYSC) in the Cabinet for Health and Family Services to administer the YRBS. Local FRYSC coordinators, who serve most of the randomly selected schools, were responsible for administering the survey to the selected classrooms in the schools. The data is reported as statewide totals only.

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The only statistically significant data change in 2009 was that of high school students' level of physical activity. Other highlights of the 2009 YRBS include:

Alcohol and Drug Use

High School

- 69.3 percent of high school students have had at least one drink of alcohol on one or more days during their lives.
- 31.4 percent of high school students have used marijuana one or more times during their lives.
- 25.6 percent of high school students were offered, sold or given an illegal drug by someone on school property during the last 12 months.

Middle School

- 32.1 percent of middle school students have ever had a drink of alcohol, other than a few sips.
- 9.8 percent of middle school students have ever used marijuana.
- 11.9 percent of middle school students have ever sniffed glue, breathed the contents of spray cans or inhaled any paints or sprays to get high.

Injury and Violence

High School

- 21.7 percent of high school students carried a weapon such as a gun, knife or club on one or more of the past 30 days.
- 28.7 percent of high school students were in a physical fight one or more times during the past 12 months.
- 20.8 percent of high school students had been bullied on school property during the past 12 months.

Middle School

- 37.2 percent of middle school students have ever carried a weapon such as a gun, knife or club
- 55.2 percent of middle school students have ever been in a physical fight.
- 41.8 percent of middle school students have ever been bullied on school property.

Tobacco Use

High School

- 59 percent of high school students have ever tried cigarette smoking, even one or two puffs.
- 9.4 percent of high school students smoked cigarettes on school property one or more of the past 30 days.
- Among students who reported current cigarette use, 57.1 percent of students have tried to quit smoking during the past 12 months.

Middle School

- 34.1 percent of middle school students have ever tried cigarette smoking, even one or two puffs.
- 9.1 percent of middle school students smoked a whole cigarette for the first time before age 11 years.
- 9 percent of middle school students have used chewing tobacco, snuff, or dip on one or more of the past 30 days.

Nutrition

High School

- 15.6 percent of high school students are considered overweight, while 17.6 percent of students are obese.
- 14.2 percent of high school students ate fruits and vegetables five or more times per day during the past seven days.

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- 81.2 percent of high school students ate fruit one or more times during the past seven days.

Middle School

- 28.1 percent of middle school students described themselves as slightly or very overweight.
- 47.4 percent of middle school students were trying to lose weight.
- 39.2 percent of middle school students ate breakfast on seven of the past seven days.

Physical Activity

High School

- 38.9 percent of high school students were physically active for at least 60 minutes per day on five or more of the past seven days.
- 23.0 percent of high school students played video or computer games or used a computer that was not school work three or more hours per day on an average school day.
- 32.9 percent of high school students attended physical education (PE) class on one or more days in an average week when they were in school.

Middle School

- 54.5 percent of middle school students were physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- 31.3 percent of middle school students played video or computer games or used a computer that was not school work three or more hours per day on an average school day.
- 44.6 percent of middle school students attended physical education (PE) class on one or more days in an average week when they were in school.

Sexual Risk Behaviors

High School

- 48.3 percent of high school students have ever had sexual intercourse.
- Among high school students who had sexual intercourse during the past three months, 59.9 percent used a condom during last sexual intercourse.
- 84.9 percent of high school students have ever been taught in school about AIDS or HIV infection.
- 48.3 percent of high school students have ever talked about AIDS or HIV infection with their parents or other adults in their families.

Middle School

- 17.2 percent of middle school students have ever had sexual intercourse.
- Among middle school students who ever had sexual intercourse, 70.1 percent used a condom during last sexual intercourse.
- 56.9 percent of middle school students have ever been taught in school about AIDS or HIV infection.
- 37.9 percent of middle school students have ever talked about AIDS or HIV infection with their parents or other adults in their families.

More information about the YRBS is available on the CDC Web site at

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>.

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